

Small boxing handbook 2

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In my first book I said you could think of what you want to achieve or what the reasons are for starting boxing and I forgot one:

Become a champion

Defeating an opponent on his strong points is sometimes called the greatest way to win

Other strategies:

Use punching power to an opponent who has less ability to take punches

Use speed to an opponent who has less speed

Use stamina and increased pace to an opponent with less stamina

Use the ability to receive punches against an opponent with not enough punching power

Use reach against an opponent with less reach

Conserving and restoring stamina

Can be done by only giving one or two punches for every three or four received

I would not advice doing this in a three times two or three minutes round

Or just block and guard a lot and don't throw to many punches

Lowering the guard can also be done but is dangerous

Avoiding contact is also possible but than both fighters can conserve and restore stamina

A lower in stamina can be detected by heavy breathing lowering of the guard and loss of punching power

This can also be the right time to strike

People with high stamina can wear an opponent down by increasing the pace

Reach

Is determined by the length of the arms

people with lower reach will have to do more infighting to reach the opponent

While people with higher reach can practice outfighting more efficient

As the opponent is kept at the right distance the one with the higher reach can land hits but the opponent with lower reach can't

A way to tell reach is by using the one hand(jab hand) fully erected forward guard style while the other hand is kept at normal height and position

The reach of different punches

The direct punch has the greatest reach

while the hook and the uppercut have a little less reach

Note that in, around clinching range it's almost only possible to throw hooks and uppercuts

Using in and outfighting is a mixture of styles

For example wear the opponent who is infighting out by using outfighting and then infight when the opponent is tired enough

Many mixtures of styles are possible

There are fighters who move a lot and fighters who don't
Some fighters move their head all the time making it hard to hit their hit
and land heavy blows

Be careful not to do too much from one kind of training especially over time
Or better said don't neglect a training kind

For example;

Doing too much cardio and stamina work can decrease speed and power

As the muscle fibers actually change over time to more type 1 muscle fibers

Doing too much weight training can decrease speed and stamina

Doing too much speed and power training can decrease stamina

As the muscle fibers change over time to more type 2a or 2b or 2ab muscle fibers over time

Type 1 muscle fiber is mainly for cardio and stamina

Type 2a or 2b or 2ab is mainly for strength and power

Also called fast and slow twitch fibers

Slow twitch is type 1 and fast twitch is type 2

Predicting a punch

Some people can tell when a punch is coming by movement of the shoulder

Or footwork especially power punches and heavy blows as the foot is sometimes moved forward
before punching or because of the wind up movement

And by the eyes, the pupils might widen a little or the eyelids are raised

And simply by the first far enough forward movement of the hands

Predicting where a punch is going to land

Some people can predict where a punch is going to land because the opponent
is looking at that exact spot

Precision punches and brawler punches

Precision punches

Are directed at a certain spot like the jaw

Brawler punches are random mainly only aimed at the head or the body

This might though result in lucky hits/shots

Boxing gloves

Boxing gloves have different weights like the 16 oz and 18 oz
and low weight boxing bag gloves

Using a heavier or lighter boxing glove once in a while can be
an effective training strategy

Shadow boxing without throwing punches with a weight vest on or a backpack

If you feel your calves a lot I'd advise doing heel raises

If you want to throw punches while doing this training I'd advice to wear a weight vest

Try and take punches to the body
Be carefull not to hurt yourself to much
Try and take punches to the guard
Be carefull not to hurt yourself to much
This will increase the ability to take and absorb punches
Evade random punches

Note that you can evade a direct punch by simply turning to the side a little bit
While with a hook you need to duck under or step back a little bit (or block with the arm)
Knowing what punch is being made is essential to evade or block
Offcourse punches can also be blocked by the gaurd
To block liver blows and side blows you need to move the arm, elbow down a little and a little to the side

The double end ball
Is great for building rythem and learning to hit an opponenent who moves his head a lot and in general hit an opponenent who moves a lot
I would advice doing this training if you have to fight an opponenent who is known to move his head a lot in the fight
What you can also do is let some one pull it to the side an release it while you have to hit the ball you can let the bal go by 1 or 2 times or hit it right away

Speedball exercises
This is the one that hangs on a platform and bounces from one side to the other
It can be hard to do at first as you need the right angle speed and hitting strength for the right rythem
If it gets easier you can hit it harder so it bounces faster but start slowly

Exercises:

1 hit left 3 bounces 1 hit left and so on
1 right 3 bounces 1 right
1 left 3 bounces 1 right
1 left 3 bounces 1 left 3 bounces 1 right
1 right 3 bounces 1 right 3 bounces 1 left

1 left 1 bounce 1 left
1 right 1 bounce 1 right
1 left 1 bounce 1 right

1 left 1 bounce 1 left 3 bounces
1 right 1 bounce 1 left 3 bounces

1 left 1 bounce 1 right 3 bounces